

AMANGALLA

THE BATH

AYUBOWAN

Steeped in history and colonial style, Amangalla languishes at the heart of Galle fort. The Baths is our unique spa, which recaptures memories of a bygone era of "Taking the waters", restoring the body and soothing the mind.

Five serene treatment rooms offer a variety of treatments unashamedly simple yet holding a sophistication that makes them a uniquely personal experience. Choose from signature massages, Ayurvedic massage, facials, Asian pressure point therapy, scrubs & wraps.

The baths has hydrotherapy areas which include sauna, steam, cold plunge pools & Jacuzzi pools. We advise to come half an hour before your treatment to "take & enjoy the water therapy".

The traditionally styled salon offers generous manicure, pedicures and the barbers shop to haircuts & shaving for men.

Let us create an experience just for you - no request is too great and no detail is too small for our dedicated team. We can assist you before your trip begins or after your arrival.

AMANGALLA SPA PROGRAMS

We believe that a spa should unfold as a holistic pathway, which opens up the channels to nurture one's life force. Amangalla Spa embraces a deep understanding of the mind, body, and spirit and the individual needs and interdependences of these three vital elements of human life. We are pleased to invite you on a Half or Full Day Program that will lead you along a path of rewarding body movement, revitalizing spa treatments, and meaningful rituals, which will gently bring you to a destination of peace and wellbeing.

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SAHANAYA TREATMENT

Half- day package

Duration: 5-hours

- 60min Yoga movement session
- 45min hydrotherapy including steam bath and dry sauna
- 40min Shirodhara therapy
- 90min Ayurveda joints massage and Pindasweeda
- Healthy lunch or dinner at the poolside or Amangalla restaurant, non-alcoholic drinks

SAMAKAMI TREATMENT

Full day package

Duration: 7-hours

- Choice of one of the following 60min movement sessions:
- Yoga
- 45min hydrotherapy including steam bath and dry sauna
- 40min Shirodhara therapy
- Healthy lunch at the poolside or the Amangalla restaurant, non-alcoholic drinks
- 60min of Manicure or Pedicure
- 90min choice of a holistic full body ritual from the 'The Baths' menu, complemented with a scrub or wrap

SPA JOURNEY'S

SPA INDULGENCE

Begin your 3 hours spa indulgence with a cleansing scrub and wrap of native cinnamon and lotus, followed by our signature Amangalla full body massage and rejuvenating sandalwood facial.

- The Polish & Swathe (60 minutes)
- The Amangalla Massage (60 minutes)
- The Sandalwood Facial (60 minutes)
- The Silver Stand

Finish your treatment by relaxing on our verandah with afternoon tea. Scones with jam and cream, assorted finger sandwiches, a selection of small tarts, cakes and savoury short eats with a choice of tea.

180 min

AYURVEDIC REJUVENATION

Ayurveda is an ancient philosophy which uses a natural approach to healing. Spend the morning cleansing and detoxifying your body through massage, the application of herbal oils and finally the most relaxing of all, shirodhara.

- The Abhyanga (60 minutes)
- The Pinda Sweda (60 minutes)
- Scrub & Steam (20 minutes)
- The Shirodhara (40 minutes)

Complete your experience with a uniquely designed ayurvedic lunch.

180 min

AYURVEDIC RITUAL

The ultimate combination of working on your joints by doing the 'Pitzichill'- the anointment massage followed by Shirodhara- warm herbal oil pouring onto the forehead which will take your body and mind into a deep relaxation.

120 min

AYURVEDIC HARMONY

This blissful combination; the shirodhara followed by a deeply relaxing foot massage to connect mind, body and spirit and will bring you tranquility and peace.

75 min

AYURVEDA

Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It is an ancient system of healing that sees health as our birthright. We are made of five elements that create health & wellness. However due to imbalanced of these elements we got different kind body issues, internally or externally. Ayurveda's goal is to help ourselves to re-balance and restore health.

At Amangalla, Ayurveda forms an essential part of the wellness for the guests. The Ayurveda experience has been provide to keeping in mind the individual's desire to heal, relax and revitalize.

SHIRODHARA

A divinely tranquil experience by pouring luke warm herbal oil in an even stream on to the forehead to revitalize the mind and the body.

40 min

ABHYANGA - FULL BODY MASSAGE

A traditional Indian ayurveda treatment using a combination of soothing and symmetrical long strokes to regulate the nervous system and improve the circulation using warm oil.

60 min

PINDA SWEDA- HERB POILTICE BODY MASSAGE

A classic ayurvedic treatment in which the oil application and massaged into the body with the help of heated linen bundles that are filled with dried herbs cooked with milk & rice. It used as an extension to glide over the body, unlocking areas of tension allowing the benefits of the massage to go deeper.

60 min

AYURVEDIC JOINTS MASSAGE

A warm shuladhara ayurvedic oil is massaged into the joints of the body to relieve acches and pains. It helps to open and mobilise the joints.

60 min

PITZICHIL - THE ANNOINTMENT

An indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body. The anointment is very slow and rhythmic with light pressure. Pizhichil strengthens immunity, lubricates the joints, liquefies toxins and increases flexibility.

60 min

AYURVEDIC CONSULTATION

Our Ayurvedic doctor is available for private consultations. He/She will assess your vikrutii, or body-type imbalances, through various diagnostic proceeedures. Determine your prakruti, whether you are born as vata, pitta or kapha or a combination of the three. He can assist in Ayurvedic medicines for all manner of ailments, as well as advise on which foods you should avoid for your dosha.

60 min

THE MASSAGE EXPERIENCE

AMANGALLA MASSAGE

Our Signature massage is a unique combination of Swedish and deep tissue massage. From relaxing to deeply therapeutic, our therapists have a diverse range of skill sets to customize the massage to suit your needs. This treatment adapts the finer points to your specific needs and leaves you with a rejuvenating experience.

60 min

90 min

OUR EXPRESS MASSAGE

Let us relax tone and ease your muscles by choosing one of the below treatment to massaging with warm oil. The firm, but yet gentle and rhythmic movements as well as the stimulation of the Marma Points will increase circulation and therefore eliminate toxins and leave you with a positive energy flow and a state of harmony and serenity.

- The Feet
- The Back
- The Neck & Shoulder
- Champi - The Head Massage

30 min

THE BEAUTY

NATURE FACIAL

A deep cleansing facial, combining the synergy of natural ingredients with the art of treatment leaving your skin radiant and revitalised.

60 min

SANDALWOOD FACIAL

A rejuvenating anti-aging facial using the healing properties of sandalwood will leave your skin soft, clear and glowing.

60 min

EXFOLIATION-

Body Buff

Delight your senses and let your skin be renewed with our natural aromatic Salt Scrubs, and coconut brightens your skin, sunflower & lavender renews body lustre.

60 min

Body Wrap

The Sandalwood scrub infused with sesame, neem and other herbal ingredients will nurture and replenish the skin as you promote regeneration and improve tone and texture with one of the following choices.

60 min

Polish & Swathe

A cleansing scrub & wrap of native cinnamon and lotus, leaves your skin smooth and glowing.

90 min

Manicure

Our classic manicure includes varnish removal, shaping, soaking, buffing and relaxing hand massage.

60 min

Pedicure

Our classic manicure includes varnish removal, shaping, soaking, buffing and relaxing feet massage.

60 min

Re nail varnish

Choose from our O.P.I. selection with base and top coat.

30 min

Shaving or hair trim/ cut for men – Gentlemen's relish

30 min

YOGA

Yoga is a physical, mental and spiritual practice of *asana* (different physical poses), pranayama (breathing) and meditation. Enabling the flow of vital energy, to rejuvenate the body, and strengthen awareness engaging clarity.

PRIVATE YOGA (single/couple)

Our resident yoga instructor will customize the session according to your specific needs. A yoga session includes Asanas (postures), Pranayama (breathing technique) and short relaxation.

60 min

90 min

THE BATH

HYDROTHERAPY

Our Hydrotherapy pools are a unique extension of the relaxing experience that is The Baths. With candlelit recesses, tall ceilings and traditional archways the two private hydrotherapy pools are an overwhelming experience in ancient indulgences. Whether hopping from the intense heat of the Sauna to the icy cold plunge pool for an invigorating health hit or from the massage pools to the shadowy steam room for a soothing rejuvenation, our Hydrotherapy experience is as deeply relaxing and calming as it is stimulating and revitalizing.

We suggest that you utilize The Baths prior to your treatment. The Baths are open from 10.00am until 8.00pm and is complimentary to all our in house guests.

THE BATH

10:00am – 8:00pm Daily

GROUP CLASSES

Time out in the spa and enjoying our complimentary yoga session with our yoga instructor, who will guide you through gentle Hatha yoga asana to revive and reinvigorate you, body and mind.

Please note our complimentary classes are conducted weather permitting please contact the spa or ask your butler to confirm the timing.

APPOINTMENTS

Reservations can be made directly at The Spa or through your butler. We highly recommend booking your treatment in advance to obtain your preferred time and service.

TREATMENT PREPARATION

We recommend that you arrive 10 minutes prior to your scheduled treatment time, allowing time to complete your spa registration form and enable emersion into the spa's relaxing environment with a soothing fresh herbal tea, or cooling beverage.

SPA ENVIRONMENT

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, The Spa. It is advisable that guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

CANCELATION POLICY

Cancellation will be made 50% price of the treatment, if the treatment cancelled within 3 hours.

VALUABLES

Please leave your valuables in the safe provided in your room.

PRICING

All quoted rates are in USD and inclusive of government tax & service charge.